

The Signature

Vol. 19 No. 37

Naval Air Station Sigonella, Sicily

Friday, September 20, 2002

NASSIG Senior SOQ leads from the front

By JO1 Craig Coleman

Deputy PAO

A 9:30 a.m. meeting is just getting started at 10 a.m. and time is getting short for AK1(AW) Isidro S. Ortiz, NASSIG Senior Sailor of the Quarter. There is a lot of work to be done, but Ortiz and his team of 10 Sailors and six local nationals from the Stowage Section of the Material Division are huddled in one of the offices that line a wall of the vast Supply Department warehouse on NAS II in search of a solution to a problem. It's a situation most leading petty officers face regularly. Ortiz uses the combination of a strong work ethic and professional knowledge mixed with concern for his subordinates to create a leadership style that builds success.

"He leads by example," said SKC(AW) Apollo Bala, LCPO of the Material Division and Ortiz' supervisor. "He's out there as a hands-on person dealing with the junior folks and getting the job done."

Ortiz' section is responsible for ordering and distributing supplies throughout the Mediterranean and beyond. "We support forward deployed ships logistically with aviation parts, ship parts, office supplies, even toiletries," Ortiz said. Stowage Section, which includes the Mediterranean Mall, provides the same services for NASSIG and tenant commands.

The Stowage Section issues 500 requisitions on an average day, but they are not just numbers to Ortiz. "My section has a big impact on the mission of this base," said the 14-year Navy veteran. "We support logistics. Our ships can't float on forever without replenishment and that's what we're here for."

With the selection of NASSIG as the hazardous materials hub of the region the workload of the section increased dramatically. "Business has increased four-fold during the last year," said Bala. "We've taken on a lot of hazmat from other sites in the Med and (Ortiz) took that on." The extra responsibility included lots of overtime, but that did not bother Ortiz. "It's a part of my character to be persistent in doing my job right the first time," he said. "It's an attitude that was instilled in me by my first mentor in the Navy, a retired master chief."

Ortiz, now in a leadership position himself, takes every opportunity to pass on what he has learned to his subordinates. "I love teaching junior Sailors how to do things," he said. "It's not

just about doing the work. It's how you conduct yourself out there, your attitude toward yourself, your attitude toward the Navy and your attitude toward your community."

Ortiz demonstrates his commitment to the Sigonella community by serving as vice president of the local chapter of the Fil-Am Association and his commitment to his temporary home in Sicily by volunteering at the Missionaries of Charity (Missionarie della Carità) in Catania. "We package dry foods and give it to the mission, which distributes it to poor people in the area."

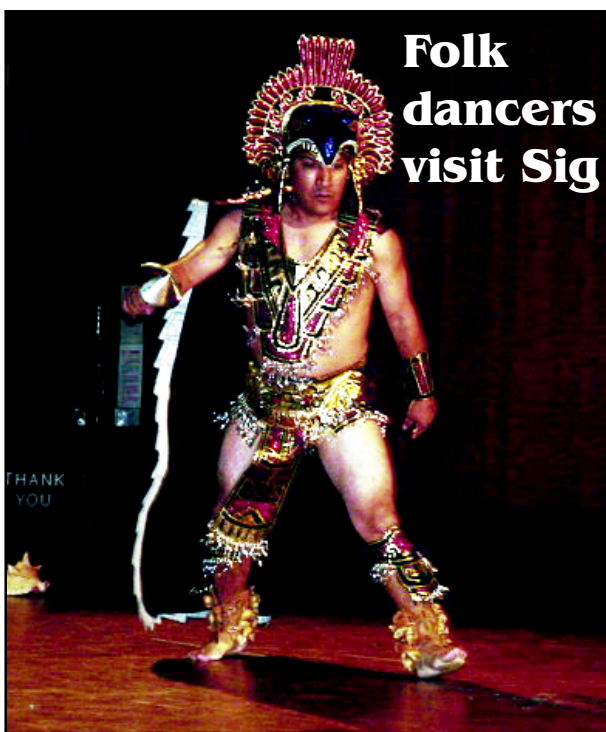
Ortiz' primary job is ensuring that there are enough supplies on hand for all the ships, squadrons and commands in the theater. "I should never run out of stock," Ortiz said. "I should never run out of a particular part that I know ships will need in the future. Once I issue something I should have more on hand or more coming in to replenish the stock." He does this by keeping a close watch on his inventory. The section has recently subdivided inventory tasks, freeing Ortiz to keep track of the big picture. "There are three or four people doing it now, so that I can concentrate more on the influx of stocks."

Ortiz may be a hard-charger, but he knows that no one can handle a job as big as his sections alone. "He's good at recognizing his people," said Bala. "He's constantly praising them and providing positive feedback and award recommendations," Bala continued. "The reason we supervisors are so successful is the junior Sailors and local nationals working hand-in-hand," Ortiz said. "That makes my job easier."

Ortiz enjoys his job and it shows. "As long as we're doing it the safe way, we're having fun and at the same time doing it right, it's a good job." His LCPO appreciates his attitude and what it breeds in the section. "I think the style of his leadership makes it easier on the troops," Bala said. "He jokes around a lot even though people are getting tired or stressed-out. That makes it easier to handle the stress of a big workload. His leadership style helps tremendously with productivity."

With a high mission accomplishment rate and a genuine enjoyment of his work, Ortiz is confident of his future. "It's really up to me," he said. "Everything's wide open for me and the chances are there to advance to the next level."

Latin American Folk Dancers entertained Sigonella Sunday. The DOD group, from Salt Lake City, Utah kicked off the first day of Hispanic Heritage Month, performing traditional and mythical folk dances. After Sigonella, they plan to visit other military installations throughout the month. 138 Sigonellans showed up for the performance.



New Chiefs

By JOC(SW) Priscilla A. Kirsh

Contributing Writer

Leaders of people. Technical experts. Good will ambassadors.

The Navy Chief Petty Officer is a unique and privileged position reserved for those who have demonstrated superior performance and those who are ready to face new challenges. No other service in the armed forces has a rank that compares to the chief.

The chief takes charge and leads people in accomplishing the mission, continuously providing leadership by example.

For 43 Sigonella Sailors, they proudly joined this elite fellowship on Monday as they donned their anchors and became "The Chief."

"External change (to the positive) is always a good thing, but what a person is 'really' made of comes from their deeds and

actions alike," said AOC(AW) Johnny Elliott, one of Sigonella's newest chiefs.

"We train the new chiefs to deal with everyday situations in the most adverse ways possible," said ATCS(AW) Steve Eckerd, who led this year's CPO selectee training.

The training exposes the newly selected chiefs to high levels of stress, and allows the Chief's Mess to help them deal with it. This way, they are better prepared to deal with situations after they are wearing the chief's uniform.

"It's really no different than other training evolutions in our Navy," said Eckerd. "We train firefighters, police and aviators to deal with situations within a training environment where the mistakes are more forgiving than real life. The chief selectees are no different; they always must hold 'under fire' and always will, with the support and assistance from the 'mess.'"

Congratulations to Sigonella's newest chief petty officers. Welcome to the mess!

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Italian phrase of the week...

La prego di chiamare un dottore.



(Please call a doctor.)

SECURITY BLOTTER



Helping make the community aware

CRIME STOPPER'S HOTLINE 624-6389

Sept. 9 - Sept. 15

The following incidents were reported and categorized as follows:

Traffic accidents without injuries - 10

Traffic accident with injuries - 7

Car break-ins - 3

DUI - 1

DUI's 2002 - 20

DUI's 2001 - 33

The Signature

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THE SIGNATURE

Sigonella, Sicily

Direct Line

Capt. Tim Davison, NASSIG

Commanding Officer



As I spent the week of September 11th in the States for training in San Antonio, Texas, I had the brief occasion to watch the activities that were held to recognize the tragic events of a year ago on television and in the city.

I can tell you America is alive and well and that our country is stronger, closer and more focused.

The patriotic movement that flows across our great nation confirms that we have the resolve to meet this current challenge and defeat it. We have been reminded that freedom is not free; it is paid for time and time again. Our very existence as a nation shows us that even through terrible circumstances; we can become stronger and more committed to our nation's ideals.

I was gratified to see that our country has begun the healing process as I watched the national coverage on the Pentagon, New York City and in Shanksville, Penn. These locations are now hollowed ground, and will represent the strength of character of Americans worldwide. Yet still grieving, the hugs, handshakes and tears were a comforting reminder that Americans and our allies will prevail and that out of this senseless tragedy comes a greater shared commitment within all of us towards our country, our way of life and our democracy. After being lit at a sunset memorial, *The Sphere*, a sculpture previously located between the twin towers of the World Trade Center, survived the destruction and now shines it's eternal flame as it resides in New York's Battery Park; a constant reminder to us all that our lives will go on. The Pentagon is repaired under budget and ahead of schedule thanks to the dedicated and resilience of the workers and contractors.

America is not alone. Some 91 nations suffered terrible losses in the attacks. Even our host nation, Italy, lost 10 of its citizens. We say thank you to our Italian hosts for your continued service, commitment and dedication to the global war on terrorism.

We now have heroes that we can honor in this generation; some that made the ultimate sacrifice for freedom...with their lives. The first great struggle of the new century has begun and we will combat this asymmetrical and appalling threat of terrorism and keep it under control. NAS Sigonella will play a significant part in supporting this conflict.

I am proud to stand with you in our chosen profession to defend our country, our rights, our way of life, even though we are around the world on the point, in the hub of the Med. We stand ready for any tasks our country asks. This attack on freedom and democracy will not go unchallenged. This global war on terrorism will be long and we must remain undaunted in our calling.

Thanks for all you do everyday to ensure our country and our friends can continue to strive for a world of peace, security and prosperity. Let's roll!

The Pulse

Stress Management

Article courtesy of Mental Health Department Naval Hospital Sigonella

Due to the attacks on the WTC and the Pentagon last September; stress management has gained a greater importance. With the increased work tempo, deployments, and frequent PCS moves, stress plays a role in the lives of service members and family members alike. Stress is unavoidable. Stress may actually be helpful to meet the demands and challenges that life may present. However, too much stress may cause problems from frequent colds to upset stomachs and heart problems. Some signs and symptoms include but are not limited to; changes in appetite, sleeping problems, irritability and or other changes in mood, increase use alcohol, tobacco, or other drugs, poor work performance, and social withdrawal.

What do I need to do to manage my stress?

- **Exercise...** 30 minutes or more a day for most or all days of the week.
- **Sleep...** 6-9 hours of sleep at regular times
- **Diet...** Do not skip breakfast. Chose low fat, high fiber diet. Watch your sugar intake. Eat more complex carbohydrates (rice, pasta, and vegetables). Have a regular meal schedule.
- **Time management...** Most important plan ahead of time and determine priorities. Schedule your work and look for more ways to be efficient. Take breaks and make time for free time.

What should I avoid if I'm still stressed?

- Avoid alcohol abuse and minimize your consumption
- Minimize your tobacco consumption
- Cut back on caffeine
- Avoid worrying about things you have no control over
- Avoid becoming isolated

What if I have tried everything and nothing helps?

If you have tried everything, and nothing has resolved or if you have further concerns there are plenty of resources available to you. Stress management groups are held every Wednesday at 3 p.m. in the mental health clinic 624-4840. Services also provided are the NAS I Chaplains Office at 624-4295, NAS II Chaplains Office 624-5459 and Fleet and Family Service Center 624-4291.

The US Naval Hospital, Sigonella, is looking for candidates in the local area who would qualify as a Medical Lab Technician or Medical Technologist. Call Mrs. A. Randazzo at 624-3792 or E-mail Arandazzo@sig.med.navy.mil. The closing date is Oct. 7.




Photo by JO3 Jay Price

Navy Ball Fundraising

By JO3 Jay Price

Editor

For several months the Navy Ball Committee has been meeting, debating and creating fundraisers for this year's ball on Oct. 19.

Through the course of six months, Lt. j.g. David Burns, the Committee Chairman, has brought together where the ball will be held, the menu, the volunteers, the entertainment and has been apart of the long debate about the dress code.

The fundraisers that are held almost bi-weekly are used to pay for all the entertainment, food, the facility and the souvenirs. A projected \$15,000 is what this year's ball is going to cost. So far the committee has been able to collect half of the destined funds which are all thanks to the community and in turn help determine the price of the ball's tickets.

As of now the ticket prices have been set for \$15 for E-4 and below, \$20 for E-5 and E-6, and \$25 for E-7 and above. The dress code has also been scheduled for full dress blues with large medals and ribbons with the option of dinner dress blues for E-7 and above. The ball has room to seat 400 people and the tickets are not for sale but will be soon.

For any questions, contact your Navy Ball Representative or Lt. j.g. Burns at 624-2058.




Photo by JO3 Jay Price

Attention to detail.

KITCHEN KORNER

Pecan Cookies

By Bea Cook

Contributing writer

1-cup honey

1-cup butter, softened

1-teaspoon vanilla

3 cups whole-wheat flour

½ teaspoon baking soda

½ teaspoon salt

1 cup chopped pecans

In a mixing bowel, combine honey and butter. Beat on medium-high until fluffy. Add vanilla, flour, baking soda and salt. Mix. Then add the pecans and mix. Drop by rounded tablespoons on cookie sheets. Bake at 350 degrees for nine to 10 minutes. Yields three -dozen cookies.


S.A.F.

Dogs: 1

Cats: 0

Puppies: 1

Kittens: 3



Call 624-3200 for the Stray Animal Facility if you are looking for a particular animal (i.e. Breed, size, color or age).



From the Fleet

If tragedy strikes - your family is protected

By Mike McHugh
Navy Mutual Aid Association

WASHINGTON (NNS)—Service in the U.S. military can entail going in harm’s way. However, servicemembers can at least have the peace of mind that their families will be well cared for if they are required to make the ultimate sacrifice.

In fact, families are probably better protected while servicemembers are on active duty than they will be at any time in the future.

To illustrate this point, consider an E-6 with 10 years of service who dies on active duty and is survived by a spouse and two young children. Discounting any lump sum payments such as SGLI, what is the initial annual income available to his or her survivors?

The correct answer is almost \$40,000. Surprised at this figure? Compare this to the base pay for this E-6 (www.dfas.mil/money/milpay/pay/01-2002.pdf). Almost \$17,000 of this survivor income is tax-free and all of the income is subject to annual Cost of Living (COLA) increases.

There are also substantial monthly payments for education available from the Department of Veteran’s Affairs (VA) for both the spouse immediately and for the children when they reach age 18 and are ready for college or other approved continuing education.

In addition to this annual income there are also significant housing and medical benefits available for the family.

Where does this income come from? There are three sources: (1) tax-free income from the VA, (2) Social Security survivor income, and (3) the Survivor benefit Plan from the Department of Defense.

The amount of income for a surviving family will vary depending on the service member’s pay grade and years of service. It is important to note that some of these benefits could be denied if the member’s death was due to their own misconduct such as driving while intoxicated.

How much would be there for your family? Most service members do not know the answer and have a

very poor understanding of these significant benefits. It is important for service members and their spouses to understand these benefits so that they can make good financial decisions. It is also important to realize that many of these benefits terminate when a member leaves active duty.

Construction starts on Mesa Verde

By Kendall King
LPD-17 Program Office

PASCAGOULA, Miss. (NNS)—On Aug. 19, construction started on the Mesa Verde (LPD 19) in Pascagoula, Miss.

Mesa Verde is the third ship in a new class of amphibious ships that will support landing forces and embarked troops in forward presence operations throughout the world.

Work originally started at General Dynamics’ Bath Iron Works last year, but an agreement reached in June 2002 between the General Dynamics, Northrop Grumman Ship Systems (NGSS) and the Navy reallocated shipbuilding responsibilities for LPD 19 and three sister ships to NGSS. Northrop Grumman will build the other eight ships of the class in Avondale, La., where the first ship of the LPD 17 class, San Antonio is half-way complete and a keel laying for LPD 18, the New Orleans, is scheduled for this October.

Mesa Verde will be a revolutionary expeditionary warship. Designed to fully support Marine Corps’ missions in amphibious warfare and in special operations, the new ship has a flight deck for aircraft and a well deck for landing craft or tracked amphibians. Each ship can carry 700-800 Marines, land them by Advanced Amphibious Assault Vehicles, or fly them to their objective from a variety of helicopters or vertical take off and landing aircraft.

At 684 feet long, 105 feet wide, and displacing nearly 25,000 tons, these ships will be the second largest ships in the Navy’s 21st Century Amphibious Ready Groups. Designed for survivability, Mesa Verde’s distinct profile is less vulnerable to detection, particularly with its Advanced Enclosed Mast/Sensor replacing traditional “stick” masts.

The ship also has two surface-to-air Rolling Airframe Missile Launchers for air defense and two high rate of fire stabilized 30mm guns for close in protection against small boats. The ship will also be shock hardened and equipped with the latest in firefighting and damage control equipment.

The designers have not overlooked quality of life for Sailors and Marines, male and female, aboard Mesa Verde. Living spaces have adjacent sanitary facilities, nearby lounges and troop armories for the Marines. New bunks, the sit-up berths, improve the old style “bunk beds” by allowing the occupant to sit up and use a portable reading and writing surface.

Computer systems will optimize manning and ensure the best combat readiness. Automated workstations will help the Pilot House team navigate the ship and help the engineers control the diesel power plant. The Ship Wide Area Network (SWAN) connects the various ship systems while also providing Internet and e-mail services. The SWAN also serves as the access to training opportunities, from professional Navy courses to college classes through teleconferencing means. The 21st Century Sailor in Mesa Verde will use computers every day.

This will not be the first amphibious ship built in Pascagoula. While the French started building ships there as early as 1718, the current shipyard began building amphibious ships in the 1950s. It has constructed Land Ship Tanks (LSTs), and amphibious assault ships, the Tarawa and Wasp classes, as well as submarines, destroyers, guided missile destroyers, and cruisers. Northrop Grumman Ship Systems is scheduled to complete Mesa Verde in 2006.

The ship is named in recognition of the Mesa Verde National Park in Southwestern Colorado. As stated by then-Secretary of the Navy Richard Danzig in the October 2000 ship announcement, “Mesa Verde is a jewel of our National Park system that celebrates the extraordinary beauty and diversity of that region and our nation. “The real richness of Mesa Verde and that of our country’s naval service, however, lies in the people—the remarkable legacy of their past and a future with great promise. The naming of Mesa Verde establishes a strong and fundamental link between this nation and those who serve and truly value that bond.”



Dental’s New Hours

Beginning Sept. 23, Dental will have new Sickcall/Exam hours. Monday through Thursday from 7:30 to 9:30 a.m. and 1 to 3 p.m. Friday 9 to 11:30 a.m. and 1 to 3 p.m. Any questions contact Dental at 624-4205/3848.

No Smoking For MWR

As you may have heard, MWR is going smoke-free on October 1. This is mandated by SECNAV, not a local decision. The only facilities that are really affected are the Bowling Center, Live Wire and Jox. Check next week’s Signature for further details.

Navy Ball Car Wash

The Navy Ball Committee’s final car wash will be held Saturday on NAS I in the CDC parking lot from 9 to 4 p.m. This will be a car wash/barbecue in support of the Navy Ball happening on Oct. 19. Come out to this car wash to make the final fundraiser a success. There will be barbecue chicken, ribs, baked beans, and assorted soda. To get further details, contact Lt. j.g. Burns at 624-2058.

No Mystery

On Monday, Sept. 23 at 8 p.m. Direct from the States! Free in concert! The high energy music group, “No Mystery!” at Live Wire. For more information, call x5604”



An E-5 was found guilty of article 112a, wrongful use of a controlled substance. The member was awarded 45 days restriction, 45 days extra duty, and reduction to the next inferior pay grade.



NAS Sigonella Worship Opportunities

Catholic Mass

Saturday 5 p.m. Chapel (NAS II)
Sunday 9 a.m. Chapel (NAS I)
Sunday 9 a.m. in Italian 41st Stormo Chapel (NAS II)
Sunday 11 a.m. Community Center (Mineo)

Protestant Worship

Sunday 9 a.m. Community Center (Mineo)
Sunday 11 a.m. Chapel (NAS I)
Sunday 6 p.m. Chapel (NAS I)

Latter Day Saints

Sunday 1 p.m. Chapel (NAS I)

Church of Christ

Sunday 3:30 p.m. Chapel (NAS I)

Weekdays

Daily Catholic Mass 11:30 a.m. (NAS I & II Chapels)
Wednesday Protestant Bible Study 4:45 p.m. (NAS II Chapel)
For more details, call 624-4295 or 624-2947.

By Alberto Lunetta
Community Relations

Italian News

SICILIAN CULTURE AND LIFESTYLE

Arts and crafts in Motta, Santa Venerina and Camporotondo

On Sept 20 through 22, a food and arts and crafts fair will be held in Motta. Booths will be set up in viale Carmine Caruso in the upper part of the city. Festivalgoers can taste typical Sicilian food, wine, cheese, olive oil, fish, seafood, honey, cakes and more, and purchase handcrafted ceramics, antiques and lava stone objects. Traditional craftsmen will demonstrate their skills shaping wood, ceramics, lava stone and wrought iron into fine handicrafts. Festival attendees can also see the processing of prickly pear *mostarda*, an appetizing Italian sweet made with fruit cooked in the musk.

On Sept. 20, the fair is open from 4 p.m. through midnight. On Sept. 22 and 23, opening hours run from 9 a.m. to midnight. Live music will be performed every night at 9 p.m.

From Sept. 20 through 22 and 27- 29, Santa Venerina will host *Eno-Etna*, a wine festival featuring a variety of fine Sicilian wines and liquors and local delicacies. The festival will be held in Piazza Roma (main square) and is open from 6 p.m. to midnight (Sept. 20, 27) and from 9 a.m. to midnight (Sept. 21,22,28 and 29).

On Sept. 20 and 21, an arts and crafts and food fair will be set up along via Umberto in Camporotondo’s historic center. Open from 8 p.m. through midnight. Live music will also be preformed on both days at 9 p.m.

Trade fairs in Caltagirone and Ragusa

The Caltagirone *Villa Comunale* (Public Gardens) will host through Sept. 22 *Kalat Expo*, a three-day fair featuring food tasting , workshops and arts and crafts exhibitions. Over 50

booths will sell Sicilian produces and handi-crafts. Open daily from 9:30 a.m. to 1 p.m. and 4:30 to 10:30 p.m.

On Sept. 20 at 8:30 p.m. festival attendees can sample *A Cuccia*, a traditional cake made with boiled grain kernels and dressed with pieces of chocolate, ricotta cheese, candied fruits and cherries in syrup. According to tradition, the origin of *A Cuccia* is linked to a miracle performed in 1646 by St. Lucy, who caused a ship full of corn to land in Sicily after a long famine that had afflicted the island.

An olive oil tasting celebrating the strong and pleasant flavor of freshly crushed olives will be held on Sept 22 at 7 p.m.

For more info call Caltagirone Tourist Office at 0933-41815.

Mediblea 2002, the most important agro industrial fair in the Ragusa area will be held through Sept. 22 in piazza Duomo (main square) and corso XXV Aprile. Numerous producers and distributors will present a wide range of food products as part of the group presentations. Craftsmen will also show their skills performing practical demonstrations.

For more info call Ragusa Tourist Office at 0932-221511.

Beer and Rock Festival in Messina

An amazing Octoberfest featuring German food, music and pints and pints of beer on the tap will be held in Messina from Sept 21 through 28.

The event will take place at the *Fiera di Messina*, a pavilion complex in the Messina port area and will feature some of the most Sicilian rock bands that will perform every night.

Admission is free. For more indo call *Musica*

e Suoni at 095-7225143.

Wine and food festival in Salina

From Sept. 20 through 22, Salina a pearl of the Aeolian Islands will host a festival featuring an array of arts, culture and gastronomy. Highlights include several culinary events such as workshops, tasting and seminars.

On Sept. 20, wine experts will present the *Malvasia* a naturally sweet D.O.C. dessert wine that was proclaimed as the “Nectar of the Gods” by ancient historian Diodoro Siculo (90- 20 BC). It is produced from the Malvasia grape that comes from the island of Salina in the Aeolian archipelago. The process of drying the grapes in the sun gives Malvasia a highly individual taste and aroma of the land where it has its origins. Malvasia has a golden yellow color and a fragrant aroma with a rich perfume of honey, eucalyptus and apricots. It has a warm, well-balanced taste.

Other seminars and tasting include olive oil (Sept. 21) and tuna fish (Sept. 22).

For more info, detailed schedules and fees call 090- 9843486.

Salina, the second largest of the Aeolian Islands, is the ancient *Didyme* (which in ancient Greek means twins), a name derived from the shape of the island: two ranges separated by a saddle.

The island has an almost trapezoidal form and a total coastal area of 24 square Km. It is made of six volcanoes that still conserve an almost perfect shape. The latest eruption took place in the west side of the island, about 13,000 years ago.

Ilexes, chestnut trees and the typical Mediterranean bush composed mainly of broom, myrtle, and strawberry trees cover the high slopes of the island. The medium and lower slopes are often terraced and

dotted with caper bushes, prickly pear and various cultures such as orchards, olive groves and vineyards.

Salina also features the mesmerizing Pollara Bay, created by an ancient volcano half collapsed under the sea. Pollara Bay in the Northwest side is famous for the famous movie *Il Postino* (The Postman) with Italian actor and director Massimo Troisi.

You can easily reach Salina from Milazzo by ferry or hydrofoil. For more info call Siremar at 095/ 325081.

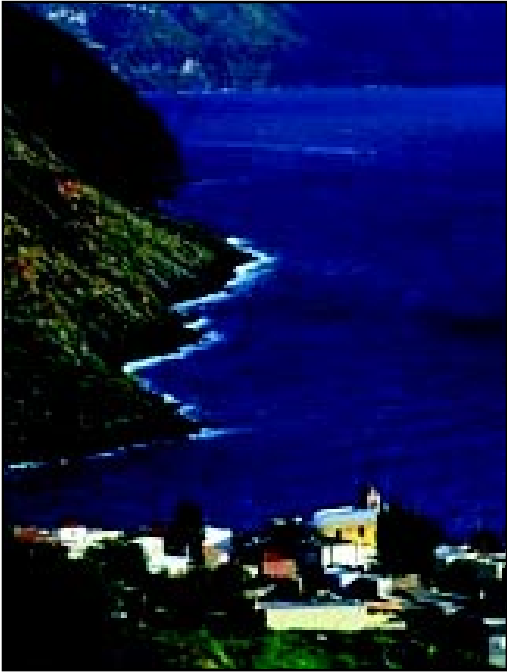
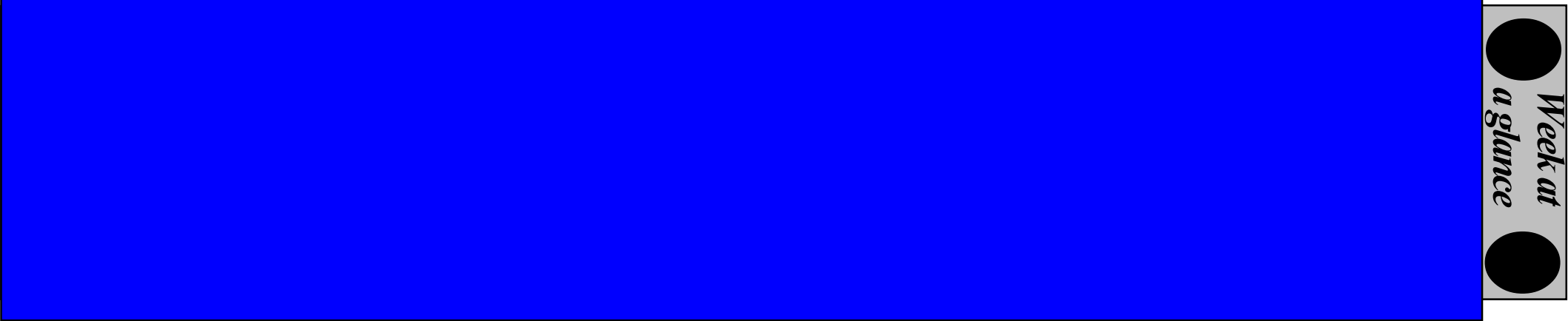


Photo courtesy of Datatravel SRL

From Sept. 20 through 22, Salina, a pearl of the Aeolian Islands, will host a wine and food festival featuring an array of arts, culture and gastronomy. Highlights include several culinary events such as workshops, tasting and seminars.

TIME	FRIDAY Sept. 20	SATURDAY Sept. 21	SUNDAY Sept. 22	MONDAY Sept. 23	TUESDAY Sept. 24	WEDNESDAY Sept. 25	THURSDAY Sept 26	TIME				
0000								0000				
0030	ESPN News	ESPN News			ESPN News	ESPN News	ESPN News	0030				
0100	Headline News	Before Sunrise	Saturday Night Live	Emmy Awards	Headline News	Romeo & Juliet	MLB	0100				
0130	College Football				Multiplicity	It's Showtime @ the Apollo		Monday Night Countdown		0130		
0200		NFL Monday Night Football	Twins							0200		
0230								The Entertainers			0230	
0300		ESPN News	0300									
0330	0330											
0400	0400											
0430	ESPN News						0430					
0500	Headline News	Headline News		Meet the Press		ESPN News	Headline News	0500				
0530	ABC News	ABC News	Hour of Power			ABC News	ABC News	0530				
0600	ESPN News	ESPN News	Celebration of Victory	Headline News	ESPN News	ESPN News	ESPN News	0600				
0630	NBC Nightly News	NBC Nightly News	Coral Ridge Hour	ESPN News	NBC News	NBC News	NBC News	0630				
0700	Sesame Street	Little Bill	Christopher Closeup	Sesame Street	Sesame Street	Sesame Street	Sesame Street	0700				
0730		Dora the Explorer	Cafe Video					0730				
0800	Bear in the Big Blue House	Mary Kate and Ashley	Book of Virtues	Oswald	Franklin	Little Bear	Blue's Clues	0800				
0830	Wheel of Fortune	Chalk Zone	Wishbone	Wheel of Fortune	Wheel of Fortune	Wheel of Fortune	Wheel of Fortune	0830				
0900	Oprah	Pokeman	Cadet Kelly	Oprah	Oprah	Oprah	Oprah	0900				
0930		Even Stevens						0930				
1000	Port Charles	Battlebots		Port Charles	Port Charles	Port Charles	Port Charles	1000				
1030	Guiding Light	Battlebots						Guiding Light	Guiding Light	Guiding Light	Guiding Light	1030
1100	General Hospital	Hometime	Cinema Secrets	General Hospital	General Hospital	General Hospital	General Hospital	1100				
1130		Motor Week	Ebert & Roeper					1130				
1200	Headline News	ET Weekend Ed.	Headline News	Headline News	Headline News	Headline News	Headline News	1200				
1230	Judge Judy		Air Force TV News	Judge Judy	Judge Judy	Judge Judy	Judge Judy	1230				
1300	Today	WWF Smackdown	College Football	Today	Today	Today	Today	1300				
1330												1330
1400		My Wife & Kids										1400
1430		King Of Queens										1430
1500	Doug	Enterprise		Zoboomafoo	Disney's Mighty Ducks	Hey! Arnold	Rugrats	1500				
1530	Rocket Power			SpongeBob SquarePants	As Told By Ginger	Disney's Recess	Hpply Ever After	1530				
1600	7th Heaven	Law & Order	WWF Superstars	Horrible Histories	All That	Croc Files	Yu-Gi-Oh!	1600				
1630				Brothers Garcia	Taina	Standard Deviants	The Mummy	1630				
1700	Jeopardy!	Headline News	Andromeda	Jeopardy!	Jeopardy!	Jeopardy!	Jeopardy!	1700				
1730	Headline News	Navy/Marine Corps News		Headline News	Headline News	Headline News	Headline News	1730				
1800	ESPN News	College Football	FOX NFL Sunday	ESPN News	ESPN News	ESPN News	ESPN News	1800				
1830	Headline News			Headline News	Headline News	Headline News	Headline News	1830				
1900	The Simpsons		NFL Games	Emmy Awards	Smallville	Sabrina	Friends	1900				
1930	Malcolm in the Middle					The Parkers	Everybody Loves Raymond	1930				
2000	Survivor V					Mighty Joe Young	Buffy the Vampire Slayer	Will & Grace	2000			
2030								Scrubs	2030			
2100	24						Boston Public	C.S.I.	2100			
2130								2130				
2200	Headline News			Headline News	Headline News	Headline News	Headline News	2200				
2230	Tonight Show w/Jay Leno			Emmy Awards Post Show	Tonight Show w/Jay Leno	Tonight Show w/Jay Leno	Tonight Show w/Jay Leno	2230				
2300								2300				
2330	Late Show w/Letterman			Late Show w/Letterman	Late Show w/Letterman	Late Show w/Letterman	Late Show w/Letterman	2330				



Week at
a glance

HOROSCOPES

ARIES: Changes in your residence may be financially favorable. Hassles with your boss are sure to erupt if you speak your mind. Property investments, insurance, tax rebates, or inheritance should bring you financial gains. Problems with female members of your family may play on your emotions.

TAURUS: This might not be a day for hasty decisions. You can make money through solid investment plans. Entertain those who can provide you with valuable information and knowledge. You may find that purchases or entertainment could be expensive.

GEMINI: Don't allow colleagues to put unreasonable pressure on you. Don't consume more than necessary of a short supplied item. You will have extra energy; put it to good use. Pushy people must be kept at arm's length.

CANCER: Partnerships will be successful. You may find yourself in a heated dispute with a friend if you try to change your mind. Don't ruffle the feathers of those you care about most. You will enjoy interaction with others this week.

LEO: You will feel better about yourself and you may also meet potential lovers. Discord may arise with someone you're close to. It may be a disappointing day emotionally. Verbal abuse could lead to carelessness.

VIRGO: You will have to face each issue separately and in person. Don't hold back. You may experience financial loss if you don't use good judgment. You need to enjoy the company of those who enjoy the same pastimes.

LIBRA: Get involved in fitness programs that will bring you in contact with new friends. You will find that friends or relatives may not understand your needs. One-sided relationships are likely. You will find that joint ventures could easily turn out to be dead end projects.

SCORPIO: Any capricious behavior will confuse loved ones and your mood swings will result in loneliness. Don't let opposition from those envious of your talents daunt your progress. Use your creative talent in order to accomplish your goals. You have a lot to offer.

SAGITTARIUS: Avoid being overly opinionated or you will alienate friends. Friends and relatives may not understand your needs. Relationships may be hard to handle. Good friends will give you honest answers.

CAPRICORN: Be prepared to neutralize any threats. You won't be able to keep a secret. You will find good buys and you will lift your spirits. Kick your shoes off and relax a bit this week, it will do you good.

AQUARIUS: You may have some time off but your thoughts will be on your work and your cash situation. Be careful when using machinery or electrical equipment. Get busy making those changes to your home. A need to express your-self may come out in creative ways.

PISCES: Your romantic inclination should lead to a committed relationship. Visit friends you don't get to see that often. Escapist tendencies may lead to overindulgence. Don't be afraid to pursue unfamiliar grounds.



THE MOVIE CONNECTION



Theater Schedule

Friday, Sept. 20
5:30 p.m.: Reign of Fire (PG-13)
8 p.m.: The Road to Perdition (R)
10 p.m.: Eight Legged Freaks (PG-13)
Saturday, Sept. 21
11 a.m.: Stuart Little (PG)
2 p.m.: Lilo and Stitch (PG)
4:30 p.m.: Mr. Deeds (PG-13)
7 p.m.: Men in Black 2 (PG-13)
9:30 p.m.: The Road to Perdition (R)
Sunday, Sept. 22
1 p.m.: The Country Bears (G)**
3:30 The Crocodile Hunter (PG)
6 p.m.: K-19: The Widow Maker
Monday, Sept. 23
5:30 p.m.: K-19: The Widow Maker (PG-13)
8:30 p.m.: Reign Of Fire (PG-13)
Tuesday, Sept. 24
5:30 p.m.: The Crocodile Hunter (PG)
8 p.m.: MIB 2 (PG-13)

Wednesday, Sept. 25
5:30 p.m.: Mr. Deeds (PG-13) *
8 p.m.: The Road To Perdition (R)
Thursday, Sept. 26
5:30 p.m.: Reign Of Fire (PG-13)*
8:30 p.m.: K-19: The Widow Maker (PG-13)
Friday, Sept. 27
5:30 p.m.: Austin Powers In Goldmember (PG-13)
8 p.m.: Blood Work (R) **
10 p.m.: MIB 2 (PG-13)
Saturday, Sept. 28
11 a.m.: The Crocodile Hunter (PG)
2 p.m.: The Country Bears (G)
4:30 p.m.: Eight Legged Freaks (PG-13)
7 p.m.: Blood Work (R)
9:30 p.m.: Austin Powers In Goldmember (PG-13)
Sunday, Sept. 29
1 p.m.: Stuart Little (PG)
3:30 p.m.: MIB 2 (PG-13)
6 p.m.: The Road To Perdition (R)

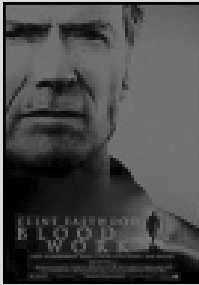
*** Future Re-release **Sneak Preview *Last Showing, (PNO- no children admitted)
(All times and movies are subject to change. For more information on the schedule, call the movie hotline at 624-4248).

Austin Powers In Goldmember (Rated PG-13)

The third film showcasing foul-toothed fashion photographer/secret agent Austin Powers is a prequel set in the 1950s, when Austin and Dr. Evil are rival classmates. Austin creates the British fashion and music invasion of the '60s while Dr. Evil turns "evil." Cast: Mike Myers, Beyonce Knowles, Michael Caine, Michael York, Seth Green

Blood Work (Rated R)

A retired FBI profiler is brought back into service under unusual circumstances involving his own blood analysis to track a ruthless serial killer. The film is also produced and directed by Eastwood, with the screenplay written by Brian Helgeland, based on the novel by Michael Connelly. Cast: Clint Eastwood, Jeff Daniels, Anjelica Huston, Wanda De Jesus, Tina Lifford



TRIVIA

What two German numbers are spelled with their letters in alphabetical order?
What is the first product made by the Minnesota Mining & Manufacturing Company (M3)?
Where is the highest elevated capital city in the world?
How many earthquakes a year does the earth experience?
How many countries in the world are only one syllable?
(Answers on page 6)

Best Sellers-- Minidisc Players

- Sharp MDSR60S Player/Recorder
- Sony M2-N505S Net Player
- Sony M2-N1 Net Player
- Sony M2-N707 Net Player
- Sony M2-R37 Portable Player



They did what?
The considerate thief.

Randy was a considerate car thief. When the stolen cars became hot, he didn't just abandon them, he torched them. Setting the cars on fire, he reasoned, helped the owners collect insurance on their vehicles. This criminal habit became his downfall. After a 10-year career of theft, Randy burned to death in a van which he had set fire to from the inside. He hadn't realized that the door handle on the driver's side was broken. Friends tried to release him, but the door was locked. His burned body was found inside the van.

Off the Rack!
The Sweetest Thing



Outrageously funny! Christina Applegate, Selma Blair and Cameron Diaz make the best team in this insanely funny film. Ever hear of the blond, brunette and redhead jokes? The three totally fit the bill.

The film is all the sexual jokes you can think of rolled into one.

Christina was able to take more of the laughs from Cameron, which seemed a little off knowing Cameron's role in most films. Cameron's character tries to be the one in control of every situation and Selma gets it in the end like Jason Bigg's in American Pie, her scenes consisted of several sexual calamities.

The movie is rated R for its sexual content and strong language, but it's not exactly as it seems... Cameron's character Christina is the 'don't get too close' kind of person who winds up finding herself chasing after a taken man.

This is a very funny movie... for the mature and immature audience alike. It makes me laugh even when the jokes should be better left unsaid.

The only downfall I saw was when it transitioned through the wedding scene, moving a little to slow at that point. Other than that, it's laughs all the way. I wonder if they'll have a sequel.

By JO3 Jay Price

Remembering Sept. 11

By SN Michelle Watkins

Staff Writer

Sept. 11, 2002, the day that every one will remember. In just moments, people’s lives were forever changed. For some, that day hit closer to home. For SKSN Imarieli Castillo, it hit her hometown.

Exactly 15 minutes before Castillo was to fly out to Great Lakes, Naval Training Center, the first airplane hit the world trade center. “ At that time I was not in front of the TV, and someone told me that a plane had crashed into the World Trade Center,” she said. “A couple of minutes later I heard that another plane had crashed into it. I just couldn’t believe that something like this would happen in my hometown, or in the United States.”

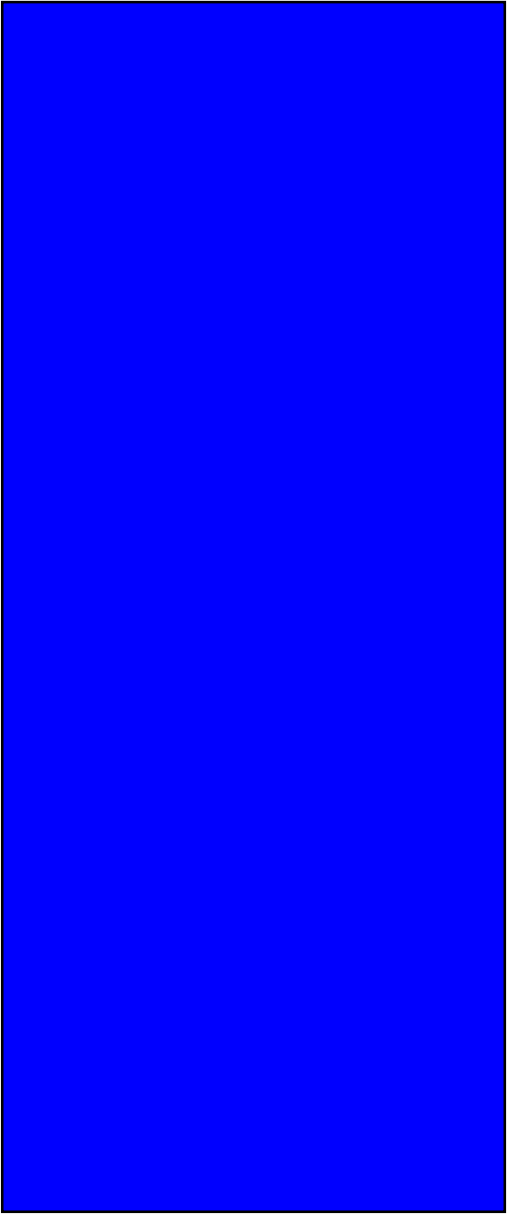
With plane schedules on hold for days, Castillo stayed in a hotel room provided for her and the other recruits. Only when she was able to go home for extra clothes, did she see the full aftermath of the attack. Because most of the streets and highways were closed, the only way to her house was through downtown. “ The scene was horrible,” she recalled. “I could not help remembering how beautiful the city used to be.”

Castillo’s sister, who worked 10 blocks from the trade center, was one of the many people who lost their jobs due to Sept. 11. However, recalling that her sister had previously worked on the 39th floor of the World Trade Center three

years ago, Castillo is thankful that her sister only lost her job and not her life.

When Castillo finally arrived at Great Lakes after a 24-hour bus ride, the atmosphere was solemn, unlike stories that she heard about Boot Camp from friends and family. The Recruit Division Commanders, (RDC), kept reminding Castillo and her fellow recruits how proud they were of the decision to join the military at that time, trying to encourage and lift spirits.

“We (America) are getting over what happened are just doing our part.”



Patriot's Day



Photo by DM2(SW/AW) France Briand



Photos by SN Michelle Watkins



Photo by DM2(SW/AW) France Briand

Trivia Answer

*1) Eins and Acht 2) Sandpa-
per 3) La Paz, Bolivia 4)
50,000 earthquakes a year 5)
Four... Chad, France,
Greece and Spain*

A Hero Among Us

by JO3 Jay Price

Editor

As the twin towers of New York came crashing down amid thousands of bystanders, one of Sigonella’s own stands unscathed from the damage.

As AOCS(AW/EOD) Robert Folger stepped off the train he knew something was amiss, as most of the subway area was clear of people. He soon made his way toward building #7 where he was to participate in a meeting in the Federal Building. When a police officer stopped him and his three companions telling them to clear from the area as far as possible, they got the hint to look up and gazed at the hole in tower 1.

The men told the officer that they were Explosive Disposal Technicians and showed him the badge telling him that they wanted to help, the police officer thanked them and stirred them to get people out of the area, helping with security.

Shortly after they started moving people to safety, the second plane hit with enough force that the shock wave knocked Folger and the bystanders off their feet. Folger, being trained to look for cover had hesitated as he looked up at the fireball that ate into tower 2.

Then, “something clicked in my head saying, ‘Hey Stupid, run!’” he said. “There happened to be a post of-

fice nearby and I made my way for that.”

“As the stuff was coming down, it was hitting people. Luckily I was one of those who got through it unscathed, but I saw the ones who had gotten hit and pulled them to safety. One person had a head injury and another got a fragment in the leg. There was one piece that went by my head... if it had come a millisecond earlier or later... you never know.”

Soon after the fragments stopped falling, Folger and many others went out to clear the area of pedestrians again, they directed them to the police line that was set up. As he met up with one of his co-workers he suddenly heard what he called “a thousand trees snapping in half...” tower 1 was on its way down, snapping and crunching and creating a billowing cloud of dust and debris.

Folger knew he had to run again, he knew he’d never clear the cloud that was crashing over the span of blocks. Instead, he headed for a fence line that would protect him from large fragments or what ever else could be hidden in the dust.

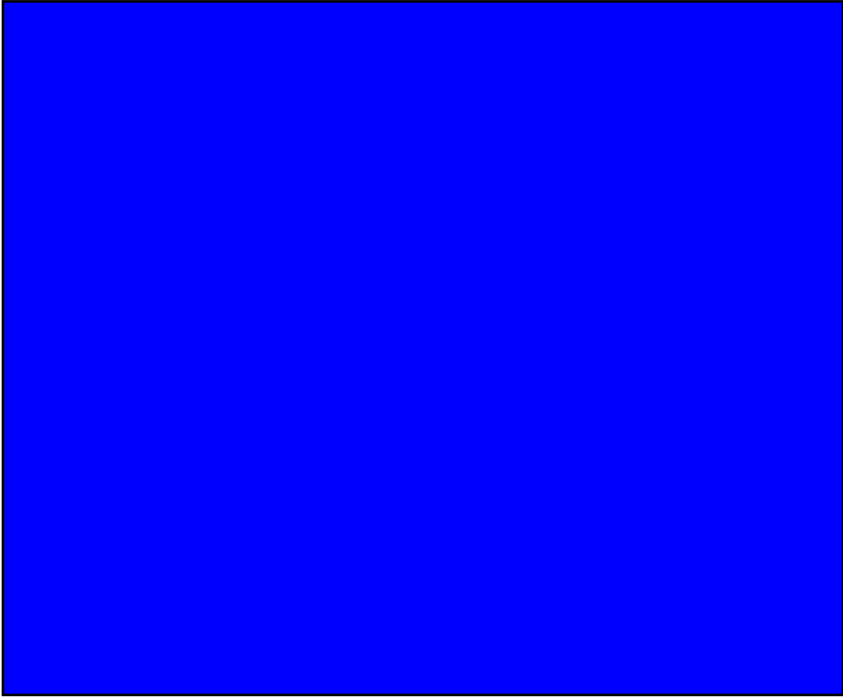
According to Folger, he and his friend had walked down a few blocks to where the cloud had died down a little, where one could breath a bit easier and the dust did not sting the eyes. During his trek in

the cloud, Folger had pulled out a rain jacket, pressing it against his face to filter out some of the dust, handing the bottom half to his friend to breath into, but he said it had only helped for a little while. As they broke through the dense debris an emergency vehicle pulled up and began trying to help as many people as they could.

Folger spent that time helping people irrigate their eyes with the water that was provided, saying many people had serious retinal damage when they had looked at the dust cloud as it sprayed forcefully down the streets.

Folger and his friend had helped many people out of the cloud, some by force and some had to be carried out of the cloud to the emergency vehicle because they were in shock. Eventually, the second tower came down and they all spent more time helping more people.

When all was done, when he did all he could, he collected himself the best he could and headed for the hotel room where he was staying. Through that eventful day, Folger said if had the chance to do it again, he “wouldn’t have waited so long before [running] to cover, and I would have tried to be a little more understanding toward the human beings, to have a little more compassion to those who were suffer-



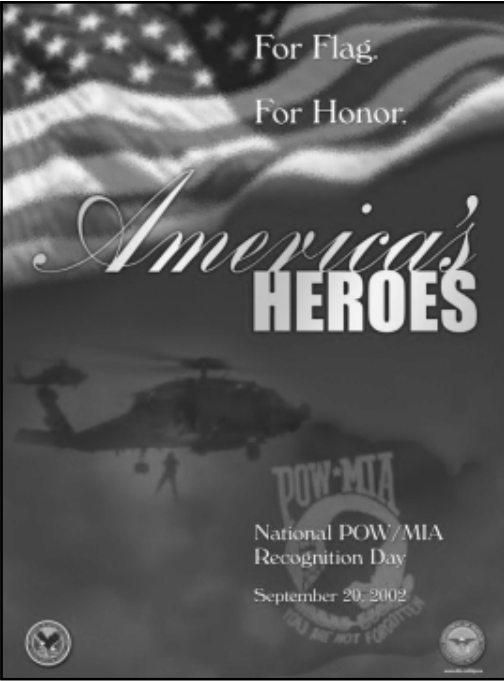
ing from shock.”

Shock also overwhelmed Folger, sending him through emotional pain and he said, “You just come to a point where your body slows down and you just have to step away.”

Folger was awarded the Navy Marine Corps Medal for his courage and his bravery as he saved countless lives and aided so many wounded.

“There was one piece that went by my head... if it had come a millisecond earlier or later... you never know.”

POW/MIA Day



Friday, Sept. 20 is National POW/MIA Recognition Day. [Http://www.dtic.mil/dpmo/powday/index.htm](http://www.dtic.mil/dpmo/powday/index.htm) contains information and guidance on ceremonies and the history of this commemoration of the sacrifices made by those who didn’t come home. You will also find the history of the POW/MIA flag.

Nematodes threaten U.S. farmers

By Robert Szostek
USEUCOM Customs PAO

Mannheim, Germany - Why are these customs guys worried about dirt on my car? Why did the packers tell me to wash my lawn furniture? The reason is Europe has many agricultural pests that don’t exist in the United States, and soil is a natural hideout for them. If they enter the USA, they can cause great damage to our farming economy.

“You can easily introduce pests into the USA,” said Delcio Rivera, U.S. Department of Agriculture adviser to the European Command. It only takes that little bit of soil on your car, lawn furniture, bicycle, shoe, boot, coat or field gear. Military vehicles and equipment are especially prone to infestation by dirt, mud and soil on deployments or training missions. “For example, the burrowing nematode is not native to the States,” Rivera explained, “but could hide in the mud on your boots. If you took that mud stateside, the nematode eggs could later hatch and attack the roots of citrus trees.” Losses on infested trees cost approximately \$2.5 million annually. The golden nematode attacks potatoes and tomatoes reducing yields by as much as 80 percent. It threatens annual crop yields of over \$1 billion.

That is why it is important to clean everything you ship or mail home. Call a military customs office to find out more agricultural threats to the USA or visit our Web site at www.hqusareur.army.mil/opm/customs.htm.

Buyers best beware of banned belts and bongs

By Robert Szostek
USEUCOM Customs PAO

Mannheim, Germany - Travelers can end up in big trouble with foreign and U.S. customs authorities if caught with certain items that may appear to be good souvenirs but are actually banned by U.S. or international law. Vacationers should check what they may buy before they leave, customs officials advise. A good place to start is the military customs Web site at <http://www.hqusareur.army.mil/opm/customs.htm>.

U.S. law bans many items sold at overseas vacation destinations from import to the United States. For example, hookahs, narghiles, chillums and bongs are the glass, metal or wooden oriental water pipes sold in Turkey and the Middle East as ornaments or gifts. Unfortunately, they are banned from import because drug users can use them to smoke hashish or opium. Cuban cigars and rum are also not allowed stateside due to U.S. trade embargoes.

It is also a crime to take many wildlife items across international borders. People vacationing abroad should never buy live animals such as baby tortoises, turtles or birds and should avoid souvenirs made from hides, shells, feathers, or teeth. “Seemingly innocuous things made of tortoise shell, coral, ivory, and skins are openly sold in many countries,” said Norman W. Kaucher of the European Command’s Customs Executive Agency, “but they are still illegal. People buying these products add to the risk of animals and plants becoming extinct and customs can fine you and confiscate the goods,” he warned. Reptile skins are often used in watchbands, handbags, belts, wallets, and shoes. Most crocodile, lizard, snake, and all sea turtle products are prohibited. Ivory and whale teeth decorations known as scrimshaw and netsuke are also banned as are many plants such as cacti and orchids. Caviar is also protected under international law.

Travelers must either prove to customs inspectors that their caviar was exported from the country of origin legally or be restricted to having only 250 grams of the delectable sturgeon eggs with them when they cross international borders.